



BOW & DUNBARTON ELEMENTARY **SCHOOL JANUARY LUNCH MENU**

This menu meets the nutritional guidelines for the National School Lunch Program. USDA is an equal opportunity provider, employer, and lender. Menus are subject to change

without notice. We do our very best to communicate changes in a timely manner. Please inform your server if you have an allergy.

Breakfast costs \$2 (reduced \$.0) and Lunch \$3 (reduced \$.40) and comes with a milk choice and many fruit and veggie choices.

Milk or juice without meal \$.50, Large water \$1, all double meals \$2, all snack choices \$1

Everyday choices may include one or more of the following:

Bagel bag lunch or Chocolate chip muffin meal, pizza dipper meals and more, all served with yogurt or string cheese. Weekly salad choices (varies)

All meals come with a fresh or canned fruit, a fresh, steamed or roasted veggie and a milk choice. We offer 1% and chocolate fat free milk.

Breakfast menu: A variety of cereal, baked goods, fruit, juice and milk choice (1% or chocolate fat free) are served daily. Thursday is SMOOTHIE day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-Pizza day Baby carrots w/ hummus Clementine Smoes bar	6-Breaded chicken Rice Corn muffin Broccoli Mango	7-Mini waffles Ham Sweet potato puffs Applesauce	8-Cheeseburger or veggie burger Oven fries Lettuce tomato Banana	9-Grilled cheese Sandwich Soup Goldfish Sugar snap peas 100% juice cup
12-Pizza day Garden salad Peaches Rice krispie treat	13-Chicken nuggets Herbed stuffing Dinner roll Maple carrots Watermelon	14-Pancakes & Parfaits Homefries Mixed fruit Elf grahams	15-Spaghetti w/ meat sauce Garlic toast Green beans Fresh berries	16-Chefs choice Ranch chickpeas 100% juice cup
No School Today	20-Popcorn chicken butter noodles Garlic knot Broccoli Pineapple	21-Maple breakfast choice w/ egg Hashbrown Cinn sugar Chickpeas Peaches	22-Nacho tacos Beef or chicken cheese, salsa, sr cream Rice Corn Grapes	23-Cheesy meatball bowls flatbread Red & green pepper strips Sunflower seeds 100% juice cup
26-Pizza day Zucchini & dip Tropical fruit salad Animal crackers	27-Boneless chicken bites Biscuit & butter Corn Apples	28-Blueberry Muffin top Smoothie Oven potatoes Mandarin oranges	29-Hot dog Baked beans Macaroni salad Broccoli dippers Melon	30-Cheesy pizza crunchers or sticks Dipping sauce Celery sticks & sunbutter dip 100% juice cup